

# Food: Fuel for a Productive, Happy Office

## Survey Shows Providing Food at Work Improves Employee Satisfaction, Collaboration

Food – provided either as a perk, or a necessity for client meetings and extended work days – increases workplace happiness and fosters collaboration, according to a recent survey of nearly 1,100 professionals conducted by Seamless. The survey reveals that the presence of food in the office can play an important role in motivating employees to spend more time in the office, work more effectively while there and generally view their workplace more positively. The survey also revealed the importance of food as a means for building and fostering relationships with clients.

### Survey Sample

The nationwide survey polled nearly 1,100 full-time professionals who work for companies with 20 or more employees. **Half of all respondents work for companies with 500 or more employees.** From healthcare and real estate to professional services and tech companies, respondents represented more than a dozen different industries.

## The Way to Employees' Hearts

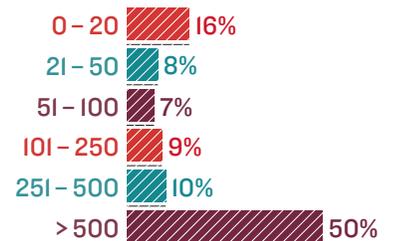
The survey showed that when it comes to the perks employees want most, food is near the top of their list. Although the majority (60%) of employees said they were satisfied with their current employment situation, a full 69 percent felt that more perks – including gym memberships (40%), stock options (22%) and food perks (20%) would have a direct impact on their satisfaction. What's more, nearly half (45%) said that the availability of free lunch would strongly influence their decision to accept a job offer.

### The Power of Food

According to survey responses, employees believe the availability of food in the office would improve their work life by providing:

**A Pat on the Back** – a full 60 percent reported that having more food at the office would make them feel more valued and appreciated by their employer.

### How many people are employed by your company?



The Power of Food (continued)

**Team Building** – more than 60 percent of respondents feel that company-provided lunches would encourage them to eat with their colleagues, fostering more collaboration among employees and teams.

**Client Camaraderie** – forty-three percent of employees say sharing food or meals with clients helps foster a better working relationship. Food also tops the list in terms of the best client gifts, with 41 percent noting that food is the very best option for corporate gifts.

**Healthy Choices** – more than half of employees also believe having food perks in the workplace would help them eat more healthfully.

**Peace of Mind** – nearly half (46%) of respondents felt that more food perks in the workplace would make them more satisfied with their employer while reducing their personal stress level (40%).

**Time to Spare** – Half of employees (51%) reported spending more than 10 minutes per day picking up lunch or other food outside the office. More than half (54%) of employees say they would spend less time away from work if food were available.

If You Feed Them They Will Come

In those offices that currently offer food perks, the professionals surveyed confirm that food can be used effectively as an incentive for both employees and clients. A full third (30%) of employees divulged that it takes food to make them show up to optional meetings (page 3) – and another 20 percent admitted making their decision after knowing what’s on the menu.

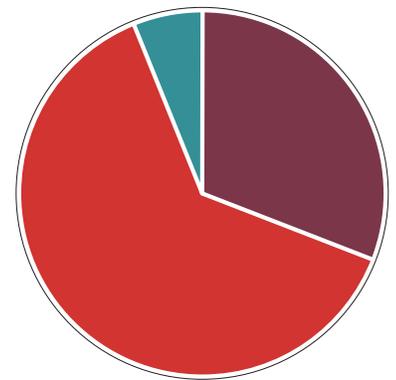
A majority (78%) of respondents report they regularly provide food at client meetings and events – and 80 percent say it’s important to do so.

A Perk with Potential

Despite the benefits that employees receive – or perceive – from having food in the office, it remains a relatively untapped perk that companies can use to measurably improve employee happiness, while separating themselves from competitors:

- Only 15 percent of the professionals surveyed reported having food-based perks among their current workplace benefits.
- Just 5 percent of respondents said that employee lunches were provided often.

If lunch (or other meal) was provided by the company, which best describes how/where you think you would most often eat?



- 31% Alone, at my desk
- 63% With other colleagues
- 6% Take the food to eat somewhere out of the office

On an average day, how much time do you spend out of the office going to pick up lunch or other food/coffee?



**A Perk with Potential (continued)**

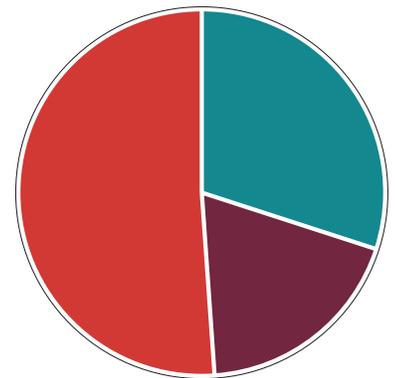
- More than half (56%) of employees said they never receive company-paid meals when working late or on the weekend.
- Fewer than 10 percent (7%) said that food was provided all the time at client meetings and events.

**The Bottom Line**

Amid a climate of continued belt-tightening and cuts across budgets including employee salaries and benefits, Seamless' survey shows that food offers an accessible way to make a strong impact on employee satisfaction – keeping employees feeling valued, fostering a sense of collaboration in the workplace, and motivating employees to spend more time in the office and with clients.

---

**Does the fact that food is provided impact the likelihood that you will attend optional work events and meetings?**



- 30% Yes, I am more likely to show-up if there is food
- 19% Maybe, depends on the food
- 51% No, the presence of food doesn't impact my decision

**About Seamless**

Seamless is the most trusted and comprehensive source for local restaurant information and online ordering. The company has made finding and ordering food from local restaurants fun and easy for more than 1.5 million members and many of the world's largest companies. Through Seamless.com, MenuPages.com, and mobile applications for iPad®, iPhone®, Android™, and BlackBerry®, Seamless offers access to over 45,000 menus, 280,000 user-generated ratings and reviews, and exclusive discounts from restaurants in New York, Washington DC, Boston, Chicago, San Francisco, Los Angeles, Philadelphia, Houston, Austin, Seattle, Portland, Miami, London, and other US cities. Seamless facilitated more than \$400 million in food orders from its 11,000+ partner restaurants in 2011. Seamless is an independent, privately held company.

---